

NOTIFICATION PURSUANT TO SECTION 6 OF DSHEA
AND 21 CFR §101.93.



This notification is being filed on behalf of Doctor's Best, Inc. which is the manufacturer of the product which bears the statements identified in this notification. Its business address is: 1120 Calle Cordillera, Suite 101, San Clemente, CA 92673. This notification is being made pursuant to Section 6 of DSHEA and Rule 21 C.F.R. §101.93. The dietary supplement product on whose label or labeling the statements appear is High Absorption Magnesium.

The text of each statement for which notification is now being given is as follows:

- Statement 1: Supports the heart, nervous system, cellular energy.
- Statement 2: As an essential dietary mineral, magnesium plays many important roles which include: helping cells produce metabolic energy, supporting optimum nerve function, helping muscles relax properly and maintaining a healthy heartbeat.
- Statement 3: An as amino acid, glycine is used by the body to form collagen, a key protein in cartilage and connective tissue.
- Statement 4: Glycine also functions as a neurotransmitter that helps relax the nervous system.
- Statement 5: Magnesium is an essential activator of approximately 300 enzymes in the body.
- Statement 6: Magnesium is required for proper nerve function, heart rhythm and bone integrity.
- Statement 7: Glycine is a highly beneficial amino acid that functions as an "inhibitory neurotransmitter" (calms the nervous system), supports collagen production (connective tissue) and benefits muscle tissue.

The following summary identifies the dietary ingredients or supplements for which a statement has been made.

<u>Statement Number</u>	<u>Identity of Dietary Ingredient or Supplement that is the Subject of the Statement</u>
1	magnesium
2	magnesium
3	glycine
4	glycine
5	magnesium
6	magnesium
7	glycine

The following identifies the brand name of each supplement for which a statement is made.

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label or Labeling</u>
1	Doctor's Best	Label
2	Doctor's Best	Label
3	Doctor's Best	Label
4	Doctor's Best	Label
5	Doctor's Best	Labeling
6	Doctor's Best	Labeling
7	Doctor's Best	Labeling

I, Richard M. Conant, am authorized to certify this Notification on behalf of Doctor's Best, Inc. I certify that the information presented and contained in this Notification is complete and accurate, that Doctor's Best, Inc. has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: November 19, 1999

By: 

Richard M. Conant

Director of Nutrition Research